



FACTSHEET

Neighborhood Networks Centers Make Healthcare a Priority

DELIVERING TECHNOLOGY ACCESS TO AMERICA'S COMMUNITIES



Neighborhood Networks centers make a positive impact in America's communities.

Healthcare is an essential component of Neighborhood Networks centers

Healthcare services and resources are essential components of Neighborhood Networks centers. Both center organizers and residents see the long-term value of promoting good health. Without proper healthcare and nutrition, many residents—children through seniors—would be unable to participate successfully in school, perform on the job, or take advantage of the educational programs at their centers.

Neighborhood Networks centers provide programs and services that promote access to healthcare and improve overall health

There are many types of programs that Neighborhood Networks centers can offer.

Exercise programs and nutrition counseling. These types of programs can help participants reduce fatigue, increase cardiovascular performance, and prolong life expectancy. A smoking cessation program can help reduce lung cancer rates and coronary heart disease. A weight-loss program, nutrition counseling, and periodic visits from a nurse can make a world of difference in treating childhood and adult diabetes. Parenting classes can promote good child health and can help reduce infant mortality rates.

Partnerships with local health departments. Childhood vaccinations and periodic screening for lead poisoning can be addressed through partnerships created between Neighborhood Networks centers and public health departments.

Understanding health insurance. Centers can also help families understand health insurance coverage issues, help families enroll their children in the Children's Health Insurance Program (CHIP), and help residents entering the workforce understand their eligibility for Medicaid as they make the transition to work.

Healthcare issues for seniors. Thanks to technological advances in medicine, Americans are living longer, healthier lives. Many seniors, however, must manage multiple health conditions that may decrease their ability to continue to live independently. Neighborhood Networks centers can ensure that seniors have the latest information about access to healthcare and prescription drug benefits.

Access to the Internet. One of the ways Neighborhood Networks centers can help residents obtain important healthcare information is by providing Internet access. Families and individuals must make many decisions to stay healthy and independent. Health information retrieved from the Internet can help residents research medical conditions and promote informed decisionmaking.



A wealth of healthcare information is available online

Using the Internet, people can research the safety of new medicines, join online support groups, investigate alternative therapies, and learn about health insurance benefits. Online scientific journals provide a wealth of information about the latest research and advancements in medicine.

Neighborhood Networks center participants may find the following Web sites especially informative:

Disease-specific organizations. For questions relating to specific conditions or diseases, centers can refer residents to specific Web sites, such as:

- American Heart Association
www.americanheart.org
- American Lung Association
www.lungusa.org
- American Diabetes Association
www.diabetes.org
- American Cancer Society
www.cancer.org

Additional online resources are offered by:

- The Alzheimer's Association
www.alz.org
- Arthritis Foundation
www.arthritis.org

All of these sites provide information about the latest research, support for patients and their families, and plenty of statistics.


Medicaid and Medicare. For information about federal health insurance benefits, centers should direct participants to the

Health Care Financing Administration (HCFA) Web site. HCFA administers both Medicaid (www.cms.hhs.gov/medicaid/default.asp) and Medicare (www.medicare.gov).

Government agencies. The federal government provides some of the most reliable information on health-related issues for all ages. The U.S. Department of Health and Human Services (HHS) produces fact-sheets about health issues. Participants should visit HHS's www.healthfinder.gov, considered a premier government-sponsored Web site for health-related information for people of all ages. They should also check out the National Institutes of Health (NIH) Age Pages at www.niapublications.org for factsheets written for seniors on various health-related topics.

Medical research. Prominent medical institutions, such as the Mayo Clinic (www.mayohealth.org), NIH (www.nih.gov/health), and the Centers for Disease Control and Prevention (www.cdc.gov), have informative Web sites with information about the latest medical research, clinical trials, and recommended treatments.

General health. Many Web sites provide health information on a wide variety of topics and may lead to other valuable sites, such as www.webmd.com, www.drkoop.com, www.betterhealth.com, and www.intelihealth.com.

Note: Always exercise caution when using the Internet to research healthcare options, gather information, or find a chat room because not all information is reliable. Major healthcare decisions should be made in concert with a physician. 

For more information, contact:

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Copies of this fact sheet are available in Spanish and can be requested from the Neighborhood Networks toll-free Information Center at (888) 312-2743.